



*A weekly grounding practice*

**SOFT LIFE ENERGY AUDIT**  
**Weekly Regulation, Alignment &**  
**Action**

**The spirit leads.  
I listen to the body.  
I align both — and then I act.**

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# HOW TO USE THIS PRACTICE

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This is a **weekly reflection practice**, not a productivity tool.

Use it **once a week** — ideally on your chosen reset day.

**Weekly flow:**

**Spirit → Body → Alignment → Action**

## Guidelines:

- There is nothing to fix
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- Nothing to prove or chase
- Answer honestly
- Do not rush
- One aligned action is enough

This practice is about **listening and responding**, not improving yourself.

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## STEP 0 & STEP 1

### STEP 0 — SPIRIT ORIENTATION

Pause. Breathe.

**Prompt:**

*What is my spirit leading me toward this week?*

(One word or one short sentence.)

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### STEP 1 — BODY REALITY CHECK

Answer honestly, without judgement.

On waking this week, my body mostly felt:

Heavy     Neutral     Light

After movement this week, my body felt:

Energised     Neutral     Depleted

The area holding the most tension:

Neck     Chest     Belly     Hips     Lower back

One moment I noticed my body resisting:

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**Anchor question:**

*What did my body clearly respond well to this week?*

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## STEP 2 & STEP 3

### STEP 2 — ENERGY REGULATION SCALE

Circle one number that best reflects this week:

- 1 — Dysregulated / overwhelmed
- 2 — Low but functioning
- 3 — Stable / present
- 4 — Calm and responsive
- 5 — Open, grounded, energised

**Reflection:**

*What raised or lowered my regulation this week?*

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### STEP 3 — FORCE VS EASE

**Where I pushed this week:**

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**Where I allowed this week:**

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**Body feedback:**

*What happened in my body when I allowed instead of pushed?*

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## STEP 4 & STEP 5

### STEP 4 — MOVEMENT FEEDBACK LOOP

(This is not a plan review. It is a response log.)

Movement I did (type + duration):

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Body response after movement:

- Lighter     Neutral     Tired     Resistant

What my body is asking for next week:

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### STEP 5 — IDENTITY ALIGNMENT

This week, my actions were mostly aligned with:

- My regulated self  
 Both old and new identity  
 My old identity

If there was misalignment:

*What would the regulated version of me have done differently — even slightly?*

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## STEP 6 & STEP 7

### STEP 6 — SOFT METRICS (REAL SIGNALS)

Tick what applied this week:

- Sleep felt restorative
- Morning dread reduced
- Emotional reactions softened
- Desire to move increased
- Hunger cues felt clearer
- Trust in my body increased

**Body trust level:**

1  2  3  4  5

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### STEP 7 — RELEASE & TRUST

What I am releasing this week:

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What I am choosing to trust instead:

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## **STEP 8 & WEEKLY CARRY-FORWARD**

### **STEP 8 — ONE ALIGNED ACTION (NEXT WEEK)**

*What is one action my spirit and body both agree on?*

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### **WHAT I'M CARRYING INTO NEXT WEEK**

One aligned action:

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One thing I am releasing:

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One thing I am trusting:

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